

# One Month Resistance Band Workout

## Week 1

- 1 *Lower Body + Abs + Cardio*
- 2 *Upper Body*
- 3 *Abs + Cardio*
- 4 *Lower Body + Upper Body*
- 5 *Rest Day*
- 6 *Lower Body + Upper Body + Abs + Cardio*
- 7 *Rest Day*

## Week 2

- 8 *Upper Body + Abs + Cardio*
- 9 *Lower Body + Cardio*
- 10 *Rest Day*
- 11 *Lower Body + Upper Body*
- 12 *Abs + Cardio*
- 13 *Upper Body + Lower Body*
- 14 *Rest Day*

## Week 3

- 15 *Lower Body + Abs + Cardio + Try Advanced Sequence*
- 16 *Rest Day*
- 17 *Lower Body + Upper Body*
- 18 *Abs + Cardio*
- 19 *Lower Body + Cardio + Try Advanced Sequence*
- 20 *Upper Body + Abs*
- 21 *Rest Day*

## Week 4

- 22 *Lower Body + Upper Body + Abs*
- 23 *Cardio*
- 24 *Rest Day*
- 25 *Lower Body + Upper Body + Advanced Sequence*
- 26 *Abs + Cardio*
- 27 *Lower Body + Upper Body + Abs*
- 28 *Abs + Advanced Sequence + Cardio*

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